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diabetes UNDONE

WORKBOOK & JOURNAL





Life and Health Network is a 501(c)(3) non-profit health media organization created by a group of physicians and dentists who all share an earnest desire to do more than the norm. True health shouldn't be merely about diagnosing symptoms and prescribing medication—it is far more valuable than that.

How? Simple—balanced nutrition, regular fitness, and a positive state of mind. The goal of Life and Health Network is to seek the plain, science-backed truth and to share it with you through:

Healthy recipes, cooking videos, articles, and other wellness resources all for free at lifeandhealth.org.

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May each page of this workbook & journal touch your life with the information and inspiration you need to rewrite your health story.



Introduction

Struggling with high blood sugars? You're not alone. Today, more than a third of all Americans have either diabetes or prediabetes. If current trends continue, this will increase to half of all Americans by 2020.

Diabetes and prediabetes significantly increase the risk of heart disease and many other devastating complications.

But current trends don't have to continue, especially not in your case. **Diabetes can be undone.** Type 2 diabetes is not only preventable, it's also reversible.

For the past 25 years, Dr. Wes Youngberg worked with thousands of clients to reverse diabetes and other chronic health conditions. What have their stories taught him? **There's hope for change and hope for you.**

Diabetes Undone will empower you to optimize nutrition, exercise, and other powerful lifestyle strategies to reclaim your health. You'll learn how to fight high blood sugars by addressing their underlying causes.

This course can also help those with type 1 diabetes to control the condition and prevent complications. Even better, the same strategies that fight diabetes also effectively combat heart disease, obesity, cancer, autoimmune disease, and many other health conditions.

This course isn't just about diabetes; it's about experiencing optimal wellness in every area of your life—body, mind, and spirit. So let's get started. Today is the first day of your new health story.

Dr. Wes Youngburg, DrPH





DIABETES UNDONE WORKBOOK & JOURNAL

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NOTE: This workbook is designed to be used with Diabetes Undone course.

Learn more at **diabetesundone.com**.

Diabetes Undone workbook & JOURNAL

8 STEPS TO TRANSFORM YOUR HEALTH and the support you need to make it happen

How do I change my behavior? That is the million-dollar question. Fortunately, we have the million-dollar answer: One step at a time.

Psychology has discovered that the best way to achieve a big goal is to break it down into small components and take one step at a time. These steps soon become habits and habits form a lifestyle. A healthy lifestyle is your best bet to undo your disease and reclaim your health... one step at a time. See how it works?

We are hardwired to be creatures of habit. But those habits can change. Even the most die-hard couch potato can learn to crave healthy food and exercise. How? Everything from our taste buds to the microbes in our guts can be trained to crave the best.

Our goal isn't to force you to eat well or exercise, it's to train you to want to. We're convinced you'll get hooked. At first change is difficult. But as you take simple steps to form healthy habits, those steps will become easier and easier. Soon, you'll crave the taste of health, the energy of exercise, and the peace of forgiveness. It can happen and it will.

But you can't do it alone. That's why we designed the *Diabetes Undone Workbook & Journal* to add a layer of accountability to your new health story.

Each of the 8 steps will be turned into a goal, with the help of the journaling component.

Keep track of your food, mood, and activity every day by jotting it all down in the journal section of this book. Keeping track of it all is both motivating and encouraging. It inspires you to do your best and reminds you of the progress you're making, even if it doesn't feel like much.

It only takes **21 days** to form a new habit. That means that by the time you finish this workbook and reach the end of your 21-day journal, you'll be well on your way to a brand new reality!



Set SMART Goals

Stage yourself for success by setting SMART goals.

SPECIFIC

Make your goal as specific as possible. What is your goal? How will you accomplish it? Where will it take place? Why is it important to you?

MEASURABLE

How will you measure your goal? You need a specific way to know once it's accomplished. For example, "walking 30 minutes after lunch," is a more measurable goal than "start walking after meals."

ATTAINABLE

Choose a goal that pushes and challenges you, but is actually within your reach.

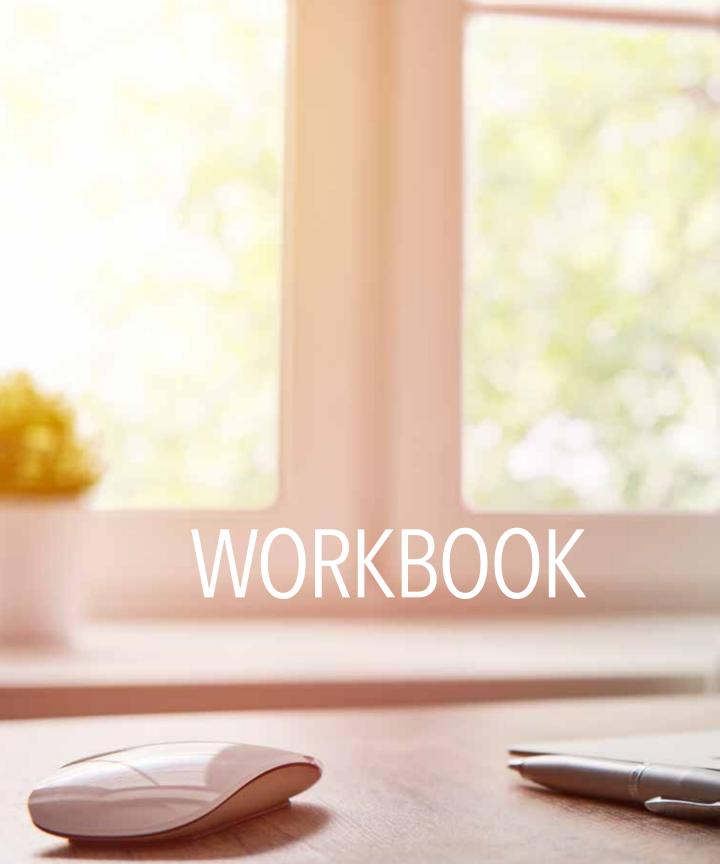
RELEVANT

Don't just set a goal for the sake of a goal. Pick one that will have the maximum impact for your current health needs.

TIME-BOUND

Your goal needs a deadline. Set a time frame to stay motivated and accountable.







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How to Use This Workbook

Take a deep breath. You're about to embark on a journey. We've created this Workbook & Journal package to best equip you with the tools to make a profound difference in your life. Take some time to read the following instructions, so you can head into Diabetes Undone with exactly what you need to make the most of the program.

Sessions

Diabetes Undone is broken up into eight sessions, each of which is around one hour long. Instead of going through all eight sessions in a week and going through serious brain overload, take it slowly—maybe 1–2 sessions per week—so that you can set reasonable goals and measure your progress.

Videos

Diabetes Undone is an expert-led, video-based program that works in tandem with the Workbook. In your Workbook, the titles in blue bold letters indicate which video to play, so pay attention to them! You'll typically watch the video, then take some time to fill in the Workbook section related to that video

Test Your Knowledge/Reflect

Usually after a video has finished playing, you'll take a few minutes to reinforce what you've just learned with a short quiz or a reflection question.

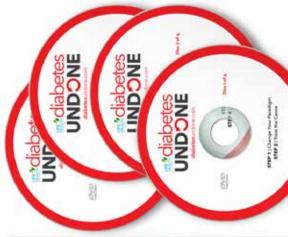
These can be found in your workbook, under the heading "Test Your Knowledge" or "Reflect."

STEPs

At the end of every session, your Workbook will give you an entire page to brainstorm a STEP goal you want to implement to your life. Do not skip this part! Making sustained lifestyle changes requires more than watching videos and filling your brain with knowledge; you must take action! Each STEP goal you make and accomplish is one mighty step forward in changing your life forever.

Homework Video

Health is a full-time thing. That's why we created Homework Videos, short, supplemental videos that you can watch later—maybe a few days after you've completed a session. The homework pages will be found in this workbook in blue pages under the corresponding session. For example, pages 26–27 in the workbook are the homework pages for Session 2 of this program.







SESSION 1

CHANGE YOUR PARADIGM

"Everything that is done in the world is done by hope." - Martin Luther

Out with the Old/ In with the New!

Paradigm shift: A complete change in the usual and accepted way of thinking.

★ Old paradigm: Type 2 diabetes is a chronic, irreversible disease.

* New paradigm: Diabetes and prediabetes can be undone!



Your health paradigm will determine your health destiny!

-WES YOUNGBERG





Test Your Knowledge

Hope is the feeling that what is _____ could actually be _____



Diabetes 101

Diabetes occurs when a person has high blood sugars for so long, that they eventually cause significant health complications, if not corrected.

	6 Which of the following is caused by a lack of insulin production? a Type 2 diabetes
every cen in your body.	b Prediabetes
2 As enters the bloodstream,	c Type 1 diabetes
blood sugars	d Gestational diabetes
3 is a hormone secreted by	7 What causes type 2 diabetes and prediabetes?
the pancreas. It unlocks the cells to allow the	a No insulin production
glucose inside.	b Insulin resistance
	c Destiny
4 Once the glucose enters the cells, blood sugar levels go	<mark>d</mark> Glycogen
	8 Insulin resistant cells are fat and!
5 High blood sugars can be caused by a	But there's no need to worry. You can be sassy
of insulin production (the body isn't making it) or by	back. Insulin resistance can be reversed!
(the cells are ignoring the insulin).	

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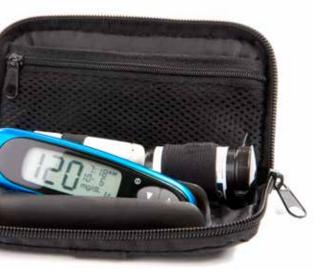
Resisting Insulin Resistance

Insulin resistance is the main driver of diabetes and prediabetes.

By changing how your cells respond to insulin, you can lower your blood sugars and get your health back.

Insulin resistance can be reversed through healthy habits such as:

- 1 Exercising after your meals
- 2 Getting plenty of sleep
- 3 Eating high fiber foods





-HIPPOCRATES



What's Food Got to Do with It?

Can you transform your health in 2 weeks? Absolutely! A study by the Pritikin Longevity Center placed 650 people with diabetes on a high-fiber, plant-based diet. In just two weeks, 71 percent of those on oral diabetes medications were able to discontinue their use. 39 percent of those on insulin stopped it completely.



Test Your Knowledge

According to Neal Barnard's study, a plantbased diet is up to _____ times more effective in lowering blood sugars than the traditional American Diabetes Association diet.

Change Your Paradigm SESSION 1

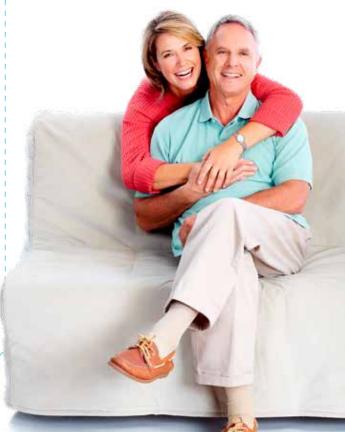
	What did Nancy Boughn, the aborigines, and
	the Hawaiians all have in common?
2	Nancy didn't just get her health back, she got her life back. In what ways would you like to
	experience life more fully?
3	How does the new diabetes paradigm give
	you hope?



The body wants to heal itself.

-BRENDA DAVIS





8 STEPS TO TRANSFORM YOUR HEALTH

STEP 1 Change Your Paradigm

Now that you know that diabetes is reversible, how will you think about your health journey? Set a goal that will maximize your mindset about the paradigm shift you just had. For example, spend 10–15 minutes each morning journaling about what you're thankful for.

Your Goal:



SESSION 2 TREATTHE CAUSE

True and lasting cure can only come from addressing the cause.

Meet Dr. Youngberg

Ikigai: A reason to get up in the morning; a purpose for living.

What is your "ikigai," your purpose in life? How will improving your health help you to fulfill your purpose?

Complications

When you battle against disease, you're fighting to protect the heart.

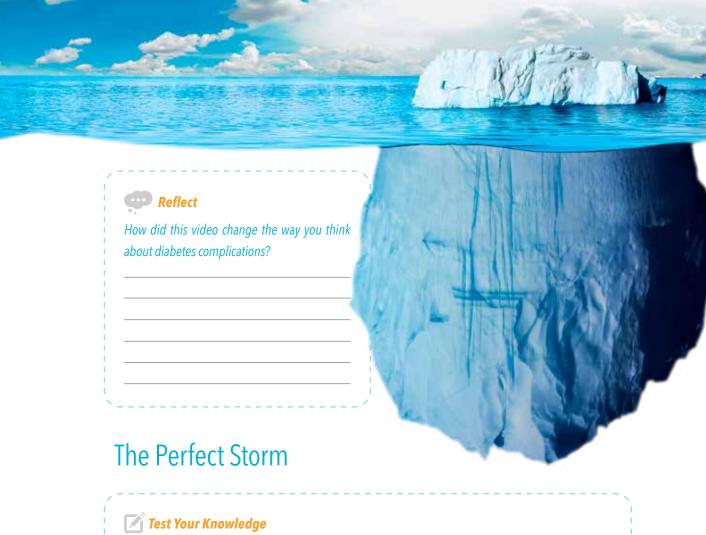
Te	st Your Knowledge
	nost dangerous complication associated diabetes is
	ding to the American Heart Association, 6 of people with diabetes die prematurely
from	a or
the ri	Prediabetes alone doubles

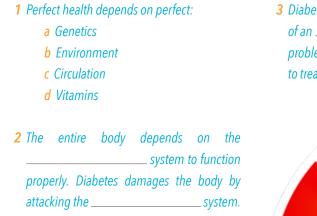


Take away the cause, and the effect ceases.

-MIGUEL DE CERVANTES







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Cause Determines Cure

Don't settle for a mop-up job. You can experience dramatic health improvement by learning to treat the cause.



Test Your Knowledge

- **1** Which of the following people has diabetes?
 - a A person who met the diagnostic criteria 3 years ago
 - **b** A person who currently meets the diagnostic criteria
- **2** Patients are often treated for the symptoms of disease, while the underlying ___ of disease are unaddressed.
- **3** One of the most powerful things you can do to improve your health is to:
 - a Manage symptoms
 - **b** Trace from cause to effect
 - c Use snake oil
 - **d** Find a quick solution



2 What would life without diabetes look like?

Treat the Cause SESSION 2

Exercise and Diabetes/ After-Meal Exercise

1	When you exercise, your muscle cells require
	more for energy:
	a Insulin
	b Glucose
	c Fat
	d Sodium
2	Blood sugars are highest about
	minutes after you eat. You can significantly
	lower blood sugar spikes by exercising right
	after your meal.
3	Every minute of after-meal exercise can
	lower blood sugars by to
	points. This adds up quickly and dramatically
	decreases the damage that occurs from
	after-meal blood sugar spikes.
	Why is it important to exercise right after the
4	the second of the second of
4	meal instead of waiting an hour?
4	meal instead of waiting an hour?

No time for exercise? Think again. One hour of aerobic exercise may add two to three hours to your lifespan.

What	are son	ne way	s to fit	after-me	eal exerci	se
into y	our daily	schea	lule?			

No matter how slow you go, you're still lapping everybody on the couch.

-ANONYMOUS

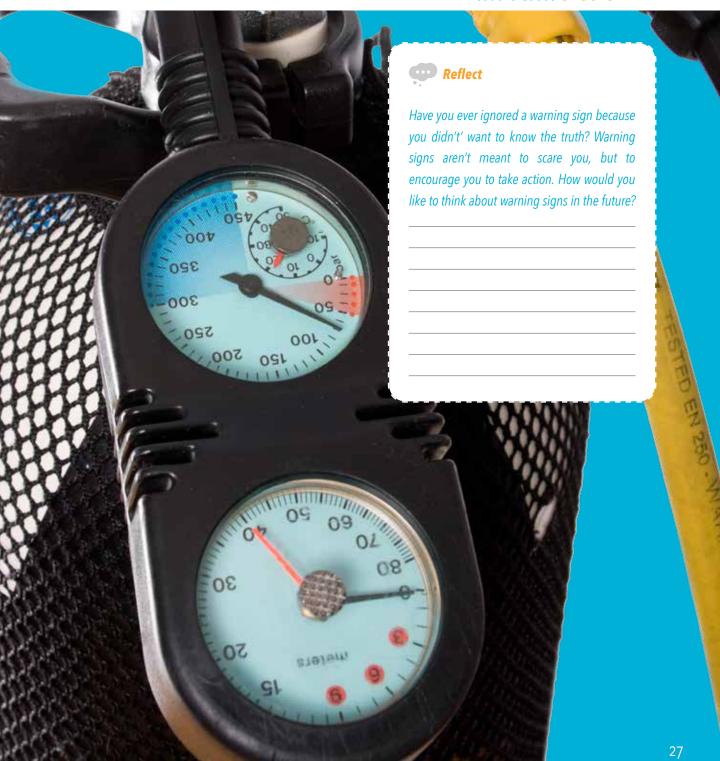




Seven Warning Signs

Test Your Knowledge			
SIGN 1 The Nurse's Health Study suggests that getting regular exercise can reduce the risk of diabetes	An ounce of prevention is worth a pound of cure.		
bytopercent!	-BENJAMIN FRANKLIN		
SIGN 2			
Being overweight or obese dramatically increases diabetes risk. In fact, the Nurse's Health Study suggests that maintaining a normal weight or losing weight if necessary could prevent to percent of new diabetes cases. Even a modest weight loss of 10 pounds can dramatically improve blood sugars and overall health.	SIGN 5 or Guidelines: * Total cholesterol: < 200 (Ideally < 160) * HDL "good" cholesterol: > 40 for men and > than 50 for women * LDL or "bad" cholesterol: < 130 (Ideally < 70) * Fasting triglycerides: < 150 (Ideally < 100)		
SIGN 3	SIGN 6		
Diabetes risk increases with age, but isn't caused by age. Regular screening is important at every age.	Diabetes does have a genetic component, but that doesn't make it inevitable! The healthy choices you make can causechanges that will alter		
SIGN 4	your genetic		
People with diabetes areas			
likely to have high blood pressure! That means	SIGN 7		
that if your blood pressure is high, it might be a sign that your blood sugars are high too. High blood pressure is defined as 140/90, but any	Although some people groups have a genetic predisposition to diabetes, the disease won't develop unless factors		
level higher than/indicates risk.	are present.		

Treat the Cause SESSION 2



8 STEPS TO TRANSFORM YOUR HEALTH

STEP 2 Treat the Cause

Instead of skimming the surface of your health, dig deep and get to the root of what true health can look and feel like. One way you can do this is by discovering the power of after-meal exercise. So, set a goal to clock in a walk or do some form of exercise after you eat.

Your Goal:



SESSION 3 EATTO LIVE

"The fork is mightier than the sword." -Jadie Campbell

Green Light Foods

Green light foods are unprocessed or minimally processed, whole plant foods. They are bursting with nutrients that heal the body in more ways than we can count.

Green Light Foods include:

- ★ Vegetables
- ★ Legumes (beans, peas, and lentils)
- * Fresh fruits
- ★ Unrefined whole grains
- Whole food fats (nuts, seeds, olives, avocado, coconut)



Test Your Knowledge

- is a nutrition superstar found in plant foods, but not in animal products. It's the roughage part of the plant that can't be digested or absorbed.
- **2** Which of the following tasks does fiber help accomplish?
 - a Prevents constipation
 - **b** Lowers blood sugars and fights insulin resistance
 - c Helps with weight loss
 - d Helps prevent heart disease
 - e Fights against cancer
 - f All of the above
- **3** Although women need _____ grams of fiber each day and men need _____, the average American only eats ____ grams per day.

Eat to Live SESSION 3





Don't eat less. Eat healthy.

-ANONYMOUS



A low fiber intake increases the risk for diabetes, obesity, heart disease, cancer, and many other diseases. But the good news is that you can get plenty of fiber by eating green light foods!

- **4** Which of the following foods help fight insulin resistance and lower blood sugars?
 - a Non-starchy veggies
 - **b** Beans
 - c Avocados
 - **d** All of the above
- **5** It's impossible to get enough protein on a plant-based diet.
 - a True
 - **b** False



Reflect
at ways can green light foods help you fee. alive?

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Telicia's Story

Reflect



Yellow Light Foods

Yellow means slow, and that's the best way to approach yellow light foods. These foods aren't nearly as nutritious as green light foods. Only a small percentage of your calories should come from these foods. In fact, we recommend avoiding some yellow light foods altogether, especially animal products.

Yellow light foods include:

- Processed whole grains (whole-wheat or whole-grain bread, pasta, crackers, or cereal)
- ★ Processed fruits and veggies
- ★ Meat substitutes
- ★ Virgin oils
- ★ Organic, low-fat dairy products
- ★ Cold water fish
- ★ White meats

No one is more influential in your life than you are because no one talks to you more than you do.

-**PAUL** DAVID TRIPP



Eat to Live SESSION 3





Test Your Knowledge

- 1 Whole wheat bread is a green light food.
 - a True
 - **b** False
- 2 Whole wheat bread is a better choice than white bread
 - a True
 - **b** False
- 3 Low fat dairy products are associated with an increased risk in ____
- **4** Which of the following is a yellow light food?
 - a Apples
 - **b** Apple pie
 - c Applesauce
 - d Applejacks

The doctor of the future will no longer treat the human frame with [only] drugs, but rather will cure and prevent disease with nutrition.

-THOMAS EDISON



- 000	

Reflect

Does the concept of "food as medicine" change
the way you want to grocery shop? If so, how
will you shop the next time you need to buy
groceries?

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Red Light Foods

Red light foods are high in calories, but low in nutrition. They raise blood sugars, promote inflammation, raise cholesterol and triglycerides, promote weight gain, and significantly increase the risk of many different diseases. Ideally, red light foods should be completely avoided, but if you do choose to eat them, make sure it's on a very limited basis.

Red Light Foods include:

- * Refined grains
- ★ Refined sugars
- * Regular oils
- ★ Fried foods
- ★ Cheese and full fat dairy
- * Red meat
- ★ Processed meat

The average American gets about 70% of their total calories from refined grains. Switching to green light grains is a huge step to reclaim your health.



A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success.

-ELBERT HUBBARD



1 When a grain is refined, it loses _____% of its vitamins and minerals, _____% of its fiber, and _____% of its phytochemicals.

2 Refined grains cause low grade ______ in the body.

They are broken down to sugar, so once absorbed, their impact is similar. Refined grains are linked to increased abdominal fat, atherosclerosis, diabetes, and early mortality.



- **3** How much sugar do most American's consume daily?
 - a 5 teaspoons
 - b 15 teaspoons
 - c 25 teaspoons
 - d 30 teaspoons
- **4** This sugar consumption totals _____ calories, which is 25% of the calories most people need in a day.
- **5** Oils are full of ______ but very low in nutrients.

- **6** High fat dairy products increase the risk of heart disease, diabetes, and many other illnesses.
 - a True
 - **b** False
- 7 Increasing red meat consumption by just half a serving per day, increases diabetes risk by _____% in the following four years.
- 8 Processed meat can lead to diabetes, cancer, and premature death.
 - a True
 - **b** False



_		
	7	

Reflect

Red light! Green light! Identify a favorite red light food that you can replace with a green light food. Get creative! It's actually much more feasible than you'd think. For example, replace French fries with baked sweet potato wedges. Or switch your meat-based meals with legume-based meals.



Your Kitchen Makeover

Test Your Knowledge

- 1 There are no good foods or bad foods:
 - a True
 - **b** False
- **2** *List the 3 steps to your kitchen makeover:*

STEP 1 Take out the _____

Say goodbye to refined carbs and sweets, unhealthy processed and packaged foods, red light meats, full fat dairy and eggs, oily foods, foods high in salt and sugar, and red light beverages.

STEP 2 Stock up on ______ groceries.

- ★ Fresh and frozen vegetables
- ★ Dry or canned beans, hummus, tofu, and milk substitutes
- ★ Intact whole grains such as quinoa, brown, black, or wild rice, barley, and oat groats.
- * Starchy vegetables such as potatoes, yams, winter squash and corn.
- * Whole fresh fruits such as apples, pears, bananas, oranges, mango, peaches, plums, melons, berries, etc.



Change your can'ts into cans and your dreams into plans.

-ANONYMOUS



- * Whole food fats such as avocados. nuts, seeds, coconut, olives, and nonhydrogenated nut butters.
- * Good choices for yellow light groceries include heavy, whole grain breads, pastas, and crackers, pasta sauce, oatmeal, and healthy meat substitutes.

STEP 3 Connect with resources. Once your kitchen is stocked with healthy foods, you'll need to know how to prepare them. Healthy eating doesn't have to take a lot of preparation. The important thing is to find new food habits that work for you.

Check out the cooking videos and recipes at lifeandhealth.org.

At brendadavisrd.com, you'll find healthy recipes and info on Brenda's books. More helpful resources on page 167.



8 STEPS TO TRANSFORM YOUR HEALTH

STEP 3 Eat to Live

You learned how specific foods could make or break your health journey. Set a goal to make food your medicine by writing down the food you eat, or by intentionally increasing your "green light food" intake!.

Your Goal:



SESSION 4 TRANSFORM YOUR GENES

"Learn to turn your good genes on and your bad genes off." –Wes Youngberg

Change Your Genes





Test Your Knowledge

- 1 Epigenetics refers to:
 - a A map of the human genome
 - **b** Factors (besides genes) that influence gene expression
 - **c** The inevitable results of poor genetics
 - **d** None of the above
- 2 We can't alter our ______, but we can change the way it ______itself.



Your DNA is not your destiny.

-TIME MAGAZINE



- 3 The brown coated mice no longer had the Agouti gene.
 - a True
 - b False
- **4** Which of the following habits could change the way your genes express themselves?
 - a Eating healthy food
 - **b** Getting regular exercise
 - c Managing stress
 - d All of the above
- **5** The ability to make choices that are not controlled by fate is: _______.



Epigenetics is proving we have some responsibility for the integrity of our genome. Before, genes predetermined outcomes; now, everything we do can affect our gene expression and that of future generations. Epigenetics introduces the concept of free will into our idea of genetics.

Re:	flect	
	n change t	How does this ou think abou



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Meal Balancing





- 1 The glycemic _____ and glycemic __ tools can help you keep track of the way different foods impact your blood sugars.
- 2 What's the best way to keep track of your meal balancing success?
 - a Keeping a food journal
 - **b** Getting a sponsor
 - c Checking your blood sugars
 - d None of the above

Activity

1 Create a healthy **breakfast bowl** by drawing or writing down the names and amounts of the green light foods inside:



-ANONYMOUS





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Eating Healthy in a Hurry

Test Your Knowledge

1 Choose healthy options at ethnic and vegetarian restaurants. Base your meals off of ______ and _____ _____vegetables.

Heading out for fast food? Look for a place that offers salads, veggie burgers, baked potatoes, vegetable sandwiches, or bean burritos.

2	Seven	tins	to l	keen	calories	under	control	١.
_	Jeven	ups	U	(CCP	caronics	unuci	COTTLIO	٠

TIP 1 Avoid ______portions.

TIP 2 ______vour food.

TIP 4 Ask for a

TIP 5 Ask for _______

TIP 6 ______ sides and extras.

TIP 7 Minimize _____ consumption.



Reflect

Nancy found a way to enjoy eating on the run. It took a little extra effort, but she made it happen. Brainstorm some ideas for healthy meal options on the run. Write your top 5 ideas below:

1			

2						

<u>3</u>	2			
	3			

~			
•			



I really regret eating healthy today.

-SAID NO-ONE EVER!



Eating in Layers:

With your busy schedule, not every meal can be gourmet. Not to worry, there's a simple solution. There's a practical way to cook and combine simple, whole foods. Whether your grandma is Betty Crocker, or you only cook in the microwave, choose the options that work for you.

LAYER 1 Choose your startch (1–2 servings/meal): rice, potatoes, oats, starchy vegetables

LAYER 2 Choose your legume (1–2 servings/ meal): beans, lentils

LAYER 3 Choose your veggies (2–3 servings/meal): cruciferous leafy, dark leafy, edible green leaves, bulbs, seed-containing, flowers, stems

LAYER 4 Choose your fruit (1 serving/meal): melons, berries, citrus, tropical. Eat this on the side, not mixed into your meal!

LAYER 5 Choose your healthy fat (1–2 servings/meal): olives, avocados, coconut, nuts, seeds

LAYER 6 Choose your favorite boosters: spices, seasonings, herbs, sauces, dressings



Fill the bowl with the ingredients and amounts you'll need for an all-inclusive, 6-layer meal.



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What About Medication?

Test Your Knowledge

1 What can the stories of Lisa and Sister Mary teach us about the proper use of insulin and other medications?



Medicine sometimes snatches away health, sometimes gives it.

-OVID







Transform Your Genes SESSION 4

Remember! People with type 1 diabetes and some people with type 2 diabetes *need to take insulin*. However, the majority of people with type 2 diabetes could potentially decrease their need for insulin by resolving their insulin resistance. Insulin doesn't treat the underlying cause of diabetes. In fact, excess insulin can be dangerous.

- **2** The extra-high insulin levels caused by insulin resistance lead to:
 - a Weight gain
 - **b** Hypertension
 - c Cancer growth
 - **d** All of the above

That's why it's so important for those with prediabetes and type 2 diabetes to reduce insulin resistance through healthy lifestyle habits. A health-conscious lifestyle can also help those with type 1 diabetes to significantly decrease the amount of insulin they need.



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Reflect **3** A clinical trial by the Diabetes Prevention Program found that exercise and a healthy 1 In what ways can you optimize first line diet are ______ as effective as therapy in your own life? Metformin in preventing prediabetes from developing into type 2 diabetes. **4** Which of the following are side effects of oral diabetes medications? a Weight gain **b** Kidney and liver damage c Increased infections d All of the above 5 Which test can help determine whether 2 Not only do your meals need balancing; your life needs balancing, too! Describe an area of someone with diabetes will need to take insulin long-term? your life that could benefit from more balance a Fasting blood sugar test (fitness, diet, negative thinking, etc.). b Hemoglobin A1c test c Random blood sugar test **d** C-peptide test The key to keeping your balance is knowing when you've lost it.

-ANONYMOUS



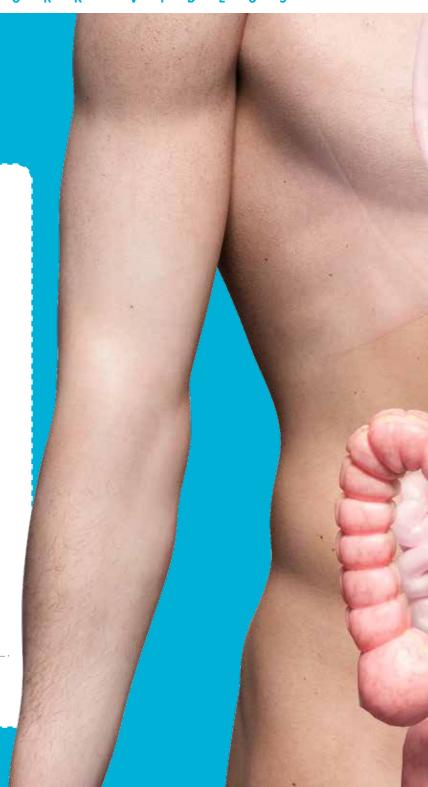


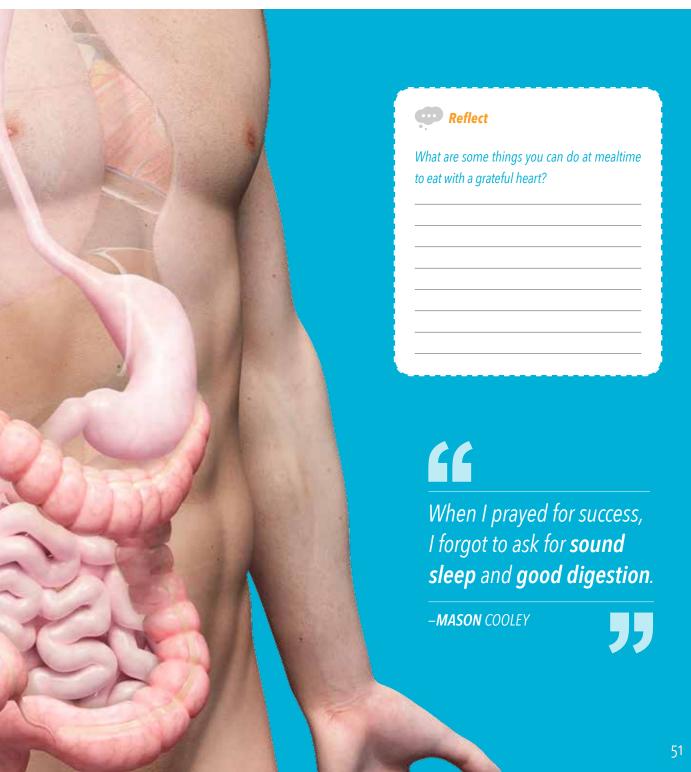


Eight Tips for Optimal Digestion

Test Your Knowledge

- **1** There are no good foods or bad foods:
 - a True
 - **b** False
- **2** List the 8 tips for optimal digestion:
- TIP 1 ______your food.
- TIP 2 Don't ______your meals.
- TIP 3 Eat a ______ breakfast,
 - a _____lunch, and a ______ dinner.
- TIP 4 Avoid ______.
- TIP 5 Avoid ______foods.
- TIP 6 Go for a ______.
- TIP 7 Consider _____
- TIP 8 Eat with a ______heart.





STEP 4Transform Your Genes

Improve your mood, memory, and weight with one simple change—deep sleep. Getting true, "restful" rest is as important in balancing your life as good nutrition and exercise! So, work towards balance and ultimately, gene transformation, by getting a good night's sleep. Whether that's by reading a book before bed instead of using your phone, or by getting in bed 30 minutes earlier than usual, set a goal to improve your sleep.

Your Goal:



SESSION 5) YOUR TEAM

There's strength in numbers.

A Word on Weight



Test Your Knowledge

1 Why is skipping breakfast the worst way to cut calories?

- **2** Which of the following is a more accurate way to determine diabetes risk?.
 - a Weight
 - **b** Body composition
 - c BMI
 - d Appearance
- **3** Which of the following habits influences weight?
 - a Healthy eating
 - **b** Sleep
 - **c** Drinking water
 - d All of the above



Tips for weight loss:

- * Ignore the diet industry.
- * Eat whole, plant-based foods without added sugar, fat, and salt.
- ★ Be active.
- ★ Drink water.
- ★ Get adequate sleep.
- * Eat regular meals.
- * Watch portion sizes.
- ★ Eat slowly. Chew your food!
- ★ Eat mindfully! Pay attention to your food.
- ★ Be persistent with healthy habits.
- ★ Take care of your inner well-being.

Build Your Team SESSION 5



A healthy weight is the byproduct of a healthy lifestyle.

-WES YOUNGBERG







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What About Beverages?

Test Your Knowledge

- 1 Drinking just one can of soda per day increases the risk of _______ by _____ percent, regardless of the amount of total calories consumed.
- **2** Calorie-free doesn't mean risk-free.
 _____ drinks can still increase the risk for diabetes, heart disease, and cancer.
- *3* 100% fruit juices are a green light beverage.
 - a True
 - **b** False

- 4 Drinking caffeine is like living on ______. You may get a temporary energy boost, but regular consumption can lead to anxiety, insomnia, and potential addiction. They may also negatively impact the adrenal system and bone health.
- **5** The American Heart Association recommends drinking red wine for cardiovascular health.
 - a True
 - b False



Pure water is the world's first and foremost medicine.

-PROVERB





Eight Tips for Quality Sleep

Test Your Knowledge

- 1 Even _____ night of sleep deprivation can trigger insulin resistance.
- 2 As long as you sleep for 7 or 8 hours, it doesn't matter what time you go to sleep.
 - a True
 - **b** False



Reflect

Not only do you need sleep, you also need resttime to recharge emotionally, relationally, and spiritually. What are your favorite ways to rest?



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Everybody Needs Somebody



Alone we can do so little. Together we can do so much.

-**HELEN** KELLER



,	<
Test Your Knowledge	
Five steps to social support:	
STEP 1 Invest in	
STEP 2 Form a health	
STEP 3 Find a health	
STEP 4 Reach	
STEP 5 Reach	

ealth?	

Build Your Team SESSION 5

_	

3 Do you have a health buddy yet? If not, would you like to find someone who can encourage you and keep your accountable? List a few names of potential people to ask, and a goal date for asking (soon)!

I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy.

-DEAN ORNISH





Missing Links in Your Health Plan

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Test Your Knowledge

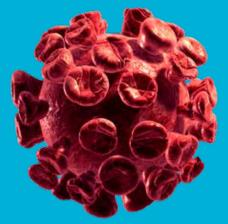
- 1 Diabetes can be ______.

 Many people with diabetes have disease-causing factors they aren't even aware of.
- **2** How many Americans suffer from autoimmune disease?
 - a 1 in 50
 - b 1 in 20
 - c 1 in 12
 - d 1 in 3
- 3 You can think of autoimmune disease as
- **4** Both type 1 diabetes and LADA cause damage to the beta cells of the pancreas.
 - a True
 - **b** False
- **5** What's the difference between type 1 diabetes and LADA?
 - a Type 1 damages the pancreas, LADA doesn't.
 - **b** Type 1 is autoimmune, LADA isn't.

- c Type 1 causes quick damage, LADA causes slow damage.
- **d** None of the above
- 6 Because it progresses slowly, LADA is often misdiagnosed as ______ (An estimated 10% of LADA cases are misdiagnosed).

People who have LADA usually...

- Have classic diabetic symptoms
- * Are not overweight
- ⋆ Develop diabetes as adults, but before age 50
- ★ May have another autoimmune condition
- * May have a family history of autoimmune disease

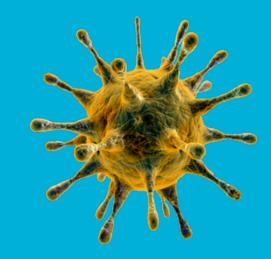


7 All autoimmune reactions are caused by antigens, or toxins the body wants to destroy. Although it's impossible to completely avoid toxin exposure, you can significantly reduce your risk by following these four simple steps.

STEP 1	Eat	foods.
STEP 2	Optimize your_	
STEP 3	Use	free products.
CTED /		1

Chronic, low-grade infections can also lead to chronically high blood sugars. Visit your dentist and doctor regularly to combat:

- ★ Gum and periodontal disease
- Yeast infections
- * Stomach infections, such as H. pylori
- **★** Sinus infections
- **★** Etc.



Ref	flect
Which hide address?	den diabetes culprits do you want to

8 STEPS TO TRANSFORM YOUR HEALTH

STEP 5 Build Your Team

Trust us, you're not on this journey alone! Hopefully by now, you either have a health buddy or have someone in mind to ask. With your health buddy, set a goal to encourage each other to drink enough water every day! Together, you can boost your energy and trim your waistlines, one sip at a time.

Your Goal:



SESSION 6 CHOOSE THE BEST

Every "no" choice is actually a "yes" choice.

Choosing the Best



Test Your Knowledge

- 1 How many choices does the average American make each day?
 - a 5,000
 - **b** 10,000
 - *c* 25,000
 - d 35,000

2 We _____

our own

by the choices

we make.

- **3** The dictionary defines temperance as "selfrestraint in the face of misled desire." What's the opposite of temperance?
 - a Fun
 - **b** Freedom
 - c Impulsivity
 - d Choice



Channel your choices into the best reality possible.

-WES YOUNGBERG







Does the thought of "temperance" make you feel confined or controlled? If so, how can you adjust your thinking to view temperance as something that leads to freedom?	2 In what area of your life would you like to practice more temperance? By saying nowhat would you be saying yes to?

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Here Comes the Sun

Test Your Knowledge

1 People with optimal Vitamin D levels are ____ percent less likely to develop type 2 diabetes than those with low levels.

Vitamin D helps fight:

- * Diabetes
- ★ Heart disease
- * Stroke
- * Some forms of cancer
- * Obesity
- * Kidney disease
- ★ Colds and flus
- * Bacterial infections
- ★ Osteoporosis
- * Autoimmune disease
- * And much more...



Keep your face to the sunshine and you cannot see a shadow.

-HELEN KFILFR

2 The human body contains _____ genes. _____ of them are regulated by Vitamin D in some way.

Vitamin D has been described as "the key that unlocks the genetic library." It gives the body access to the information it needs to fight disease.



How to optimize your vitamin D level:

1 Get tested.

Ask your doctor to order the 25 Hydroxy Vitamin D Test. This test measures the storage form of Vitamin D in your blood. You can also order an in-home test kit and mail a small blood sample to the lab. The results will be mailed back to you.

2 Aim for a Vitamin D level of 50-100 ng/mL. Sunlight can help, but most people need supplementation. If your level is low, you could start at 10,000 units per day. A good

could start at 10,000 units per day. A good maintenance dose might be 5,000 units daily for women and 6,000 units daily for men.

3 Keep Getting Tested.

After 2–3 months, get tested again. Then test at least twice each year—in the fall when levels are highest and in the spring when levels are lowest. As you test, you'll discover how much Vitamin D you need to take to keep levels stable all year round. The good news is that Vitamin D toxicity is extremely rare and would require prolonged periods of much higher doses to occur.

Sunlight does more than help produce Vitamin D. It also improves sleep, enhances mood, reduces stress, improves digestion, and much more. Try to get at least 15–20 minutes of direct sunlight each day.

(4)	Reflect	
What	are some of your favorite things to	do
	sunshine?	
III LIIC	Sullallille:	

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Important Blood Sugar Tests

1 The Fasting Blood Glucose Test is the most common test used to diagnose diabetes. You can get tested by your doctor or by using your own blood sugar monitor.

A fasting glucose of 126+ indicates that diabetes is present. Prediabetes can be diagnosed by a level of 100–125. Remember, prediabetes alone significantly increases the risk of heart disease.

By current standards, a fasting blood sugar between 70 and 99 is considered "normal." However, the lower end of this range is much healthier.

2 The Random Blood Glucose Test measures the blood sugar at any time during the day. You don't have to be fasting to take it. A random blood sugar of 200 or higher accompanied by classic diabetic symptoms means that diabetes is present.

3 The Glucose Tolerance Test is the most accurate way to detect diabetes, prediabetes, or any blood sugar problem. This is a stress test that shows how the body responds to a sugar load.

Sometimes the glucose tolerance test picks up on a blood sugar problem that the other tests fail to recognize. Blood sugars constantly change throughout the day depending on meal timing, exercise, and other factors. A fasting or random blood sugar could at times show up as normal, even in a diabetic person. The glucose tolerance test measures how the body responds to sugar over a two to four hour time period.

To get this test, set up an appointment with your doctor or at a local clinic. You will begin the test after fasting for at least 8 hours. First, your fasting blood sugar will be taken. Then you will be given a syrupy sweet glucose drink. Your blood sugar will





then be taken at several different times after you finish the drink, to track how your body responds to a glucose load. This test will show how your body naturally responds to glucose found in foods.

If two hours after drinking the drink, your blood sugar is 200+, this indicates

diabetes. A two-hour blood sugar of 140–199 is prediabetes.

It's also valuable to know the one-hour level—the blood sugar reading one hour after drinking the glucose drink. This mimics blood sugar levels after a meal. Usually blood sugars are highest 45 minutes to an hour after eating. Sometimes people's two-hour levels are normal, while their one-hour levels are not. Research shows that having a blood sugar of 155+ one hour after drinking the sweet drink is an independent risk factor for cardiovascular disease.

4 The Pepsi-Jelly Bean Challenge

Dr. Youngberg has had many clients who were skeptical about the results from the glucose tolerance test. "Well of course my blood sugar was high," they would say, "It's because I drank all that glucose. I never consume that much sugar in real life."

When this happens, Dr. Youngberg tells them to take what he calls the Pepsi-Jelly Bean Challenge. You can try it too.

Pick your favorite soda or juice and your favorite starchy snack—cookies, crackers, or even pasta or pancakes. Make sure you have 75–100 grams of sugar or carbohydrate in the snack. The majority of the calories should come from carbohydrate, not protein or fat. You will also need a blood sugar testing kit.







Once you have all the supplies, you're ready to start. Here's what to do next.

Wait at least three or four hours after eating a meal, then record your blood sugar. This will serve as your "fasting" blood sugar. Eat your snacks and drink your juice or soda. After one hour, check and record your blood sugar level. After two hours, check and record again.

Compare your fasting, one-hour, and two-hour levels to the blood sugar criteria Dr. Youngberg explained when he discussed the glucose tolerance test. This should give you a good idea as to whether or not your blood sugars are compromised.

5 The Hemoglobin A1c measures your average blood sugar control for the past two to four months. If your hemoglobin A1c is 6.5% or higher, you have diabetes. If your hemoglobin A1c is between 5.7 and 6.4%, you have prediabetes. Normal levels are typically considered somewhere between 4.5 and 5.6%. However, an optimal level for somebody without diabetes would ideally be about 5% or maybe a little bit less. If you have diabetes or prediabetes, it's very important to evaluate your hemoglobin A1c regularly, typically every three months.

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Other Types of Exercise

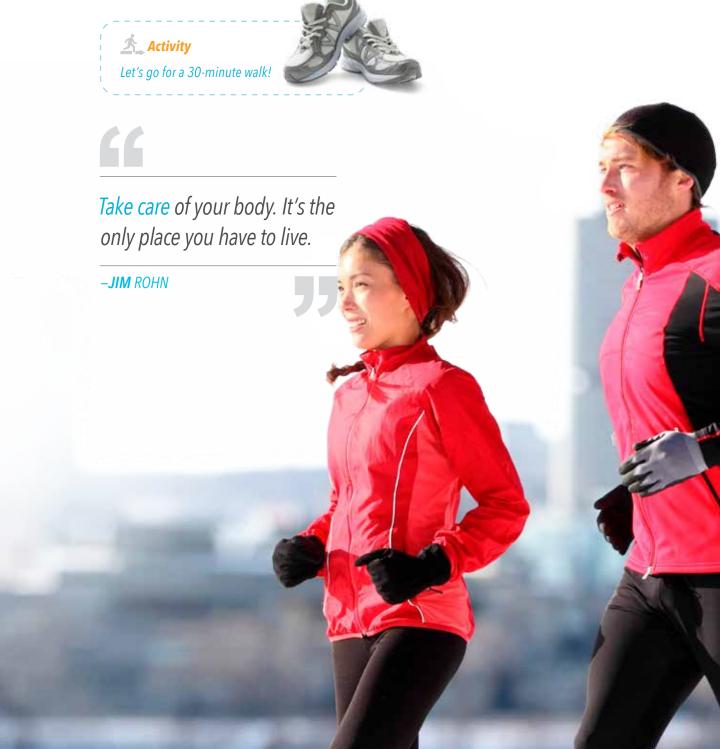
Aerobic exercise includes activities like brisk walking, jogging, hiking, biking, and swimming. It involves continuous movement of your large muscle groups and increases your heart rate and need for oxygen.

Benefits of aerobic exercise:

- ★ Lowers blood sugars
- * Strengthens the heart
- **★** Burns fat
- * Lowers triglycerides
- ★ Boosts energy
- ★ Reduces disease risk
- ★ Improves mood
- ★ Increases longevity



Choose the Best SESSION 6





The Rest of the Tests

Test Your Knowledge
1 Health is
2 Blood sugars are important, but are just one in the

TEST YOUR HEART

Heart disease is the leading cause of death in the United States and worldwide. People with high blood sugars are at an even higher risk. In fact, two out of three people with diabetes will die prematurely from a heart attack or stroke. Here are some tests to evaluate your heart health.

- Lipid or Cholesterol Profile: You can reduce your risk for heart disease by keeping your cholesterol under control. Talk to your doctor about this test, which includes total cholesterol, HDL, LDL, and triglycerides.
- 2 Advanced Cardiovascular Risk Profile:
 As valuable as the Lipid/Cholesterol profile is, it only picks up 50% of your actual risk for developing heart disease.
 By adding the following tests, you can identify 90% of your risk:

- Sd-LDL is the specific form of small dense LDL cholesterol that more easily promotes plaque.
- HDL2b is the most heart protective form of HDL cholesterol that actually removes plaque from your arteries.
- Lipoprotein (a) is a form of the "bad" LDL cholesterol that is ten times more likely to form plaque than regular LDL cholesterol.
- Homocysteine is a protein in the blood that increases the risk for atherosclerosis, heart disease, and stroke.
- Low Vitamin D levels in the blood strongly influence the risk of diabetes and heart disease.
- Apolipoprotein E is a gene mutation test that identifies advanced risk for both heart disease and Alzheimer's disease.
- Factor V Leiden is a gene mutation test that strongly influences your risk of developing clots in your blood stream.

3 Cardiovascular Inflammation Tests

- Cardiac CRP (a.k.a. high sensitivity CRP test) measures the level of inflammation in the body. High inflammation significantly increases the risk of heart disease, diabetes, and many other diseases. This test is an excellent predictor of heart disease risk but can be elevated for other reasons as well.
- Lp-PLA2 test (aka PLAC test) This test specifically shows if you have inflammation in the artery wall associated with plaque buildup representing the risk of a heart attack or stroke.

4 Iron and Ferritin: High levels of iron and ferritin (the storage form of iron) represent an increased risk for heart disease and diabetes.

TEST YOUR KIDNEYS

High blood sugars cause kidney damage and even failure. Unfortunately, symptoms of kidney disease don't appear until the very late stages. The only way to identify the problem sooner is through testing. Talk to your doctor about ordering a renal panel to evaluate your kidney function.

TEST YOUR LIVER

High blood sugars also damage the liver. The majority of diabetics have fatty liver disease. Liver damage can occur from excess fat intake or as a side effect of many diabetic and cholesterol-lowering medications. Talk to your doctor about tests to evaluate your liver function.

TEST YOUR THYROID

People with diabetes are almost twice as likely to have a thyroid problem. Poor thyroid function impairs circulation—increasing the risk of heart disease and all diabetes-related complications. Be sure to evaluate your thyroid function with a thyroid panel test.

TESTING RESOURCES

For more extensive information, read Chapter 10 in Dr. Youngberg's book Goodbye Diabetes, which can be found at **dryoungberg.com** or on Amazon. There you will find specific details on various tests and optimal lab values. Sometimes lab values that are considered standard aren't really optimal. Levels can be based on national averages instead of what's actually the healthiest goal. You can compare your test results with the optimal levels found in this chapter.

It's also important to find a healthcare provider who is well trained in lifestyle, nutrition, and functional medicine. Someone with this background will be more knowledgeable about some of these tests, and better equipped to help you understand your results.



8 STEPS TO TRANSFORM YOUR HEALTH

STEP 6 Choose the Best

Give your genes the Vitamin D advantage by choosing one of the best natural healers given to us—the sun. Set a goal to enjoy the sunshine with your health buddy from STEP 5, or go on a walk after lunch (STEP 2).

Your Goal:



SESSION 7 DREAM BIG

Dreams don't work unless you do.

A Plant-Based Planet



Reflect

By this point, you've already been eating plant-based foods to optimize your health. Does it affect you in any way to realize that these same choices also help the environment, animals, and other people?



It's staggering when you think about it.

Vegetarianism takes care of so many things in one shot: ecology, famine, and cruelty.



Dream Big SESSION 7





Test Your Knowledge

Just like running out of gas takes time, developing prediabetes or diabetes is a process.



		STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5
	optimal	high blood sugar	high blood sugar	prediabetes	advanced prediabetes	diabetes
fasting	70-84	85-94	95-99	100-109	110-125	126+
1 hr	80-119	120-139	140-159	160-199	200+	
2 hr	80-99	100-119	120-139	140-159	160-199	200+

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Dream and Do-Part 1

80



Dream and Do-Part 2



Activity

Set at least three long-term goals for yourself, and think of two short-term goals for each that will help you achieve your long-term goals. What habits do you have to change to achieve your goal? When do you want to achieve these goals by?

What are 2-3 things that you value the most?

How will improving your health impact your ability to experience these things?

Long-term Goal No.1:

- * Short-term Goal:
- * Short-term Goal:
- ★ Daily Habits:

Long-term Goal No.2:

- * Short-term Goal:
- * Short-term Goal:
- ★ Daily Habits:

Long-term Goal No.3:

- * Short-term Goal:
- * Short-term Goal:
- ★ Daily Habits:

.

by:

by:

by:

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Resolve Your Ambivalence



If left alone, ambivalence can be a bad thing. But these simple steps can help you resolve your ambivalence and achieve your goals. Just grab a piece of paper and work through the steps.

STEP 1 Affirm your desire to be healthy.

STEP 2 Rate your readiness (1–10).

STEP 3 Explain your rating. Why not higher, why not lower?

STEP 4 Resolve the ambivalence (meet your objections).

STEP 5 Take a baby step.



Reflect

You've already identified the things you value the most. Did your list include any people? If so, find a way to let this loved one know you appreciate and value them. Afterwards, write down what happens:





Your Pancreatic Potential

Test Your Knowledge

- 1 The beta cells of the pancreas secrete a hormone called ______ that stabilizes blood sugars.
- 2 People with type 1 diabetes have damaged _____ that no longer produce insulin.
- **3** People with type 2 diabetes still produce insulin, but their cells are _____ to it. This forces the pancreas to work extra hard to create lots of extra insulin to force blood sugars down.
- **4** High insulin levels increase the risk of several diseases, including:
 - a Heart disease
 - **b** Cancer
 - c Dementia
 - d All of the above

Pay attention to your pancreas!

-WES YOUNGBERG

- **5** Years of overwork can cause the pancreas to burn out. When this happens, type 2 diabetes becomes more like _____
- 6 Which of the following tests measure pancreatic function?
 - a Fasting insulin
 - **b** Two hour insulin
 - C-peptide test
 - d All of the above

TEST YOUR PANCREAS

Fasting Insulin Test:

- Measures insulin levels after not eating overnight.
- ★ 10+ indicates major insulin resistance.
- ★ < 7 is much healthier.</p>
- High sugars with low to normal insulin suggests significant beta cell loss.

Note: Although a high insulin level is dangerous, it at least shows that the pancreas still knows how to produce insulin. It's a reminder to take action to reverse your insulin resistance and give your pancreas a break.



Two-Hour Insulin Test:

- Reveals how your body responds to carbohydrates in your meal.
- May detect insulin resistance even when fasting insulin level is normal.
- ★ Level should be < 25 (Ideally < 10). A level
 > 25 indicates major insulin resistance.

C-Peptide Test

Sometimes people are started on insulin before they know whether or not they have type 1 or type 2 diabetes. The insulin they are taking can skew the insulin test results.

The C-peptide test is another way to identify which type of diabetes is present. A low level indicates type 1, while a medium or high level indicates type 2.

Stimulated C-Peptide

The stimulated C-peptide test may reveal what your long-term chances are for controlling your blood sugars through lifestyle alone, without the need of insulin.

To perform this test, your blood will be drawn an hour after drinking a glucose drink or eating a carbohydrate-rich meal.

It's important to note that these quidelines are experimental,

not official. But we believe that they are valuable.

- < 2 ng/mL: Severe pancreatic damage— Although lifestyle interventions can still improve health, most likely there will be an ongoing need for insulin.
- 2-4 ng/mL: Pancreas damaged but still functioning—At this level, there's a 50% chance that someone can address the problem through lifestyle alone.
- # 4+ ng/mL: Pancreas functioning well— A person at this level has a 95 percent chance of eventually being able to control their blood sugars with no insulin or other medication.

When the pancreas overworks, it gets burnt
out. How does this principle apply to the rest
of your life? What steps can you take to prevent
burnout?

Reflect

8 STEPS TO TRANSFORM YOUR HEALTH

STEP 7 Dream Big

Dreams are meant to be shared, and are much sweeter when achieved with others. Whether your goals are geared towards healing your relationship with exercise, nutrition, sleep, water, sunshine, or all of the above, do it with someone! Take one of the long-term goals you brainstormed in "Dream and Do-Part 2" and resolve to achieve it alongside someone you love.

Your Goal:



SESSION 8 HEELD Y()(JR SOL)|

"Don't let your happiness depend on something you may lose." -C.S. Lewis

Be Kind to Your Mind



Test Your Knowledge

- **1** The ______ and the_ are closely connected. Whatever impacts one also affects the other.
- 2 If you want to improve your health, you need to:
 - a Use more negative-self talk
 - **b** Go on the Survivor show
 - c Increase your self-criticism
 - d Be kind to your mind



Everything that is done in the world is done by hope.

-MARTIN IUTHFR

Your thoughts and beliefs are powerful. They influence the choices you make and the habits you form. How can you think good thoughts? First, by realizing that you are valuable!

You're the only you in the entire universe. Your life matters.





3 Heal	th i	sn't ju	ıst a	de	stinatio	on, it	's a
				E	very st	ер соц	ınts.
Heal	thy c	hoices	are _				
and	som	etimes	s mu	ch	easier	than	we
			. Sm	all,	consist	ent he	alth
choic	ces ac	dd up t	o big	resu	lts.		

Every individual matters. Every individual has a role to play. Every individual makes a difference.

-**JANE** GOODALL



We live in a culture that values us based on our appearance and performance. Is value earned or inherent? What really makes a person valuable?	2 The ancient King Solomon once wrote, a man thinks in his heart, so is he." thoughts become our realities. As we to like healthy people, we become heap people. Share a specific way that you'd like think like a healthy person.		

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Forgive to Live



Test Your Knowledge

- 1 Unresolved bitterness increases the risk of:
 - a Heart disease
 - **b** Obesity
 - c Premature death
 - **d** All of the above

It's important to deal with conflict and to be able to communicate both positive and negative emotions. But it's very damaging to hold on to resentment without doing anything to resolve the situation. This takes a toll on your relationships and your health.

world. We make mistakes and other people do too. Sometimes we are hurt very deeply. Sometimes things happen that are inexcusable. Forgiveness doesn't

mean that we weren't hurt or that what

happened was okay, it's simply a choice to _ the pain and

move forward.

2 We live in an __

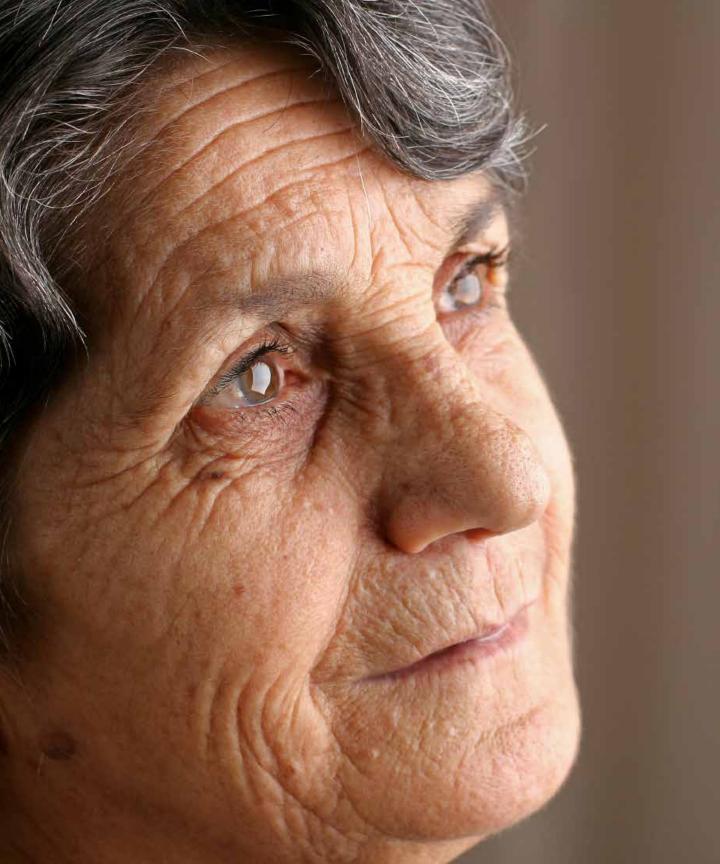


Forgiveness allows you to focus on the future without combatting the past.





2 What did she receive from letting it go



The Faith Factor

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Test Your Knowledge

People who frequently attend religious services live over ______ years longer than those who never attend. To put this in perspective, belonging to a spiritual community is as good for your health as not smoking.

Psychiatrist Tim Jenning's research shows that focusing on a loving God can strengthen the brain's prefrontal cortex, calm the limbic system, reduce anxiety and depression, and give an increased sense of purpose and peace.

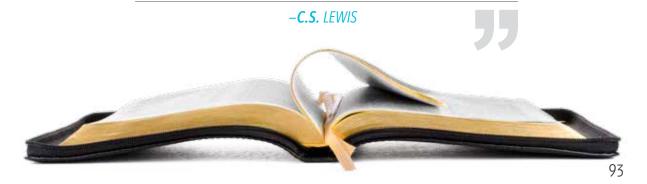
- 4	
- 4	

Reflect

In what ways would you like to incorporate spirituality into your health plan?



If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world.



8 STEPS TO TRANSFORM YOUR HEALTH

STEP 8 Feed Your Soul

Feed your soul by letting go of bitterness and negative thoughts and beliefs. You are valuable and at the beginning of a wonderful health transformation, so allow your heart to find peace and rest in this fact. You can set a goal to incorporate spirituality into your life by attending church service, or inviting God to help you stay on this path towards healing.

Your Goal:



21-DAY JOURNAL











The 21-Day Challenge

Here is where your newly formed knowledge gets put to work.

The Diabetes Undone Journal is designed to help you set and reach your wellness goals. By planning and reflecting on your healthy or unhealthy habits, you focus on the small changes that will get you to your goal. Yes, goals are important to identify and give direction to your life, but they can be daunting sometimes, and in fact, your daily habits are what will get you there – step by mighty step.

How does it work?

It's really simple—it's based around a plan/do/reflect style of journaling.

Plan your meals and choose your goals for the following week. (Ideas: Drink 8 glasses of water every day. Read before bed instead of surfing the Internet. Go for a 30-minute walk after dinner. Cut out coffee.)





- ★ Write down the daily habits and minor goals that you think will help you achieve larger, weekly goal.
- ★ Plug those habits into your daily food, mood, and activity tracker pages.
- * At the beginning and end of each day, take a few minutes (or more) to reflect on how you did.
- * Reflect at the end of each week, and repeat!

Use it for recording and acknowledging the daily habits that will put you on a positive health journey. Use it to plan your day ahead. Use it to reflect on how well you did throughout the day and assess the progress you're making towards undoing your diabetes. Use it to get into the habit of feeling gratitude. Use it to hold yourself for actions taken or not taken towards better health. Take it everywhere, mark off your habits as you go along and remind yourself that this is your life, your health —you have what it takes.



EXECUTE WEEKLY MEAL PLAN

ļ	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST		i e			
LUNCH					
DINNER					



S	THIS WEEK'S GOALS								WEE	K 1	9
	HABITS I WANT TO BREAK OR SET	S	GOAL	S	M	T	W	T	F	S	
			DAYS		()	()	()	0	0	()	
			DAYS	(_)	()	()	()	()	()	()	
			DAYS	()	()	()	(])	()	()	()	
			DAYS		()	()	(_)	()	()		
		/ \ \	DAYS	()	$(\tilde{})$	()	(()	()	()	
	`	/ \	'		-	-					
	WHAT IS MY TOP PRIORITY FOR THIS	WEEK?								\	
- 13											
T D											
1 3	WHAT IS MY MOTIVATION?									1	
17	1 8									\ 1 1	
1 13											
= 13										/	
1 7	HOW WILL I REWARD MYSELF FOR R	EACHIN	IG THES	SE GC)ALS	?					
	6									1 1	
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SMTWTFS

GRATITUDE	
6	
TODAY'S GOAL	
* HOURS SLEPT	WAKING UP, I FELT
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TODAY'S FOOD	NOTES
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9	
WATER	
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"

Motivation is what gets your started. Habit is what keeps you going.

—JIM RYUN

EXERCISE / ACTIVITY	DURATION	T DIFFICULTY
TODAY, I FELT	-、,	
HAPPY FRUSTRATED PLEASEI	D STRESSED INSPIRED	
EXHAUSTED SATISFIED SAD	GROGGY EXCITED WEAK	
CONTENT TENSE BORED EN	NERGIZED	
LESSONS LEARNED TODAY		
REFLECTION ON TODAY		
6		
`		

SMTWTFS

GRATITUDE	
6	
TODAY'S GOAL	
* HOURS SLEPT	WAKING UP, I FELT
то (
TODAY'S FOOD	NOTES
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Positivity is like a muscle; keep exercising it, and it becomes a habit.

-NATALIE MASSENET

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I believe that the greatest gift you can give your family and the world is a healthy you.

-JOYCE MEYER

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He who has health, has hope; and he who has hope, has everything.

-THOMAS CARLYLE

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The groundwork of all happiness is health. **-LEIGH** HUNT

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Natural forces within us are the true healers of disease.

-HIPPOCRATES

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What is called genius is the abundance of life and health.

-HENRY THOREAU

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WEEKLY MEAL PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST					
LUNCH					
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Your body hears everything your mind says.

-NAOMI JUDD

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Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

-HELEN KELLER

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There was never a night or a problem that could defeat sunrise or hope.

-BERNARD WILLIAMS

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Learn from yesterday, live for today, hope for tomorrow.

-ALBERT EINSTEIN

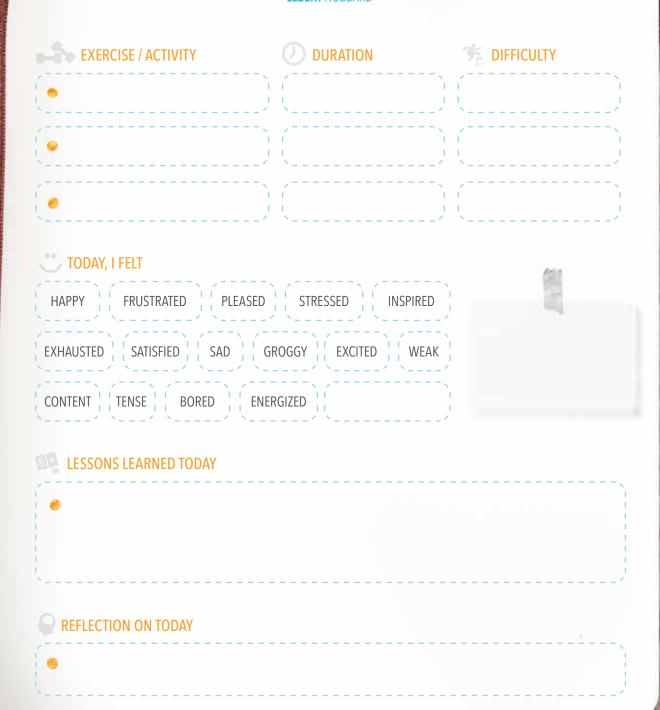
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A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success.

—ELBERT HUBBARD



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Tomorrow hopes we have learned something from yesterday.

-JOHN WAYNE

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Progress is impossible without change, and those who cannot change their minds cannot change anything.

—BERNARD SHAW

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EXECUTE WEEKLY MEAL PLAN

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If there is no struggle, there is no progress.

-FREDERICK DOUGLASS

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With the new day comes new strength and new thoughts.

-ELEANOR ROOSEVELT

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The harder the struggle, the more glorious the triumph.

-SWAMI SEVANANDA

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Only I can change my life. No one can do it for me.

-CAROL BURNETT

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Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

-THOMAS EDISON

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Never, never, never give up.
-WINSTON CHURCHILL

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It always seems impossible until it is done.
-NELSON MANDELA

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Congratulations!

You made it! What an invigorating journey you've come so far on—you started by understanding that life is meant to be lived with fullness and purpose, and, step by step, you made changes to make it so.

As this program comes to a close, we encourage you to anticipate tomorrow with even greater hope and purpose. Just like how graduating from university is the beginning of your life in the "real world," the close of Diabetes Undone is just the beginning of your health journey. As we send you off, our hope and prayer is that the information you've learned will be a tremendous blessing for you, your family, and your community.

As you now know, diabetes can be undone, but you will never be done taking care of your health—and that's actually quite exciting! True, energizing wellness happens, one day and one positive choice at a time. So keep up the good work; continue applying the health principles you've learned, and don't stop setting goals for yourself! Your life can be so much more invigorating than you'd ever imagined.

In closing, we want to leave you with the same wish the apostle Paul left with his friends:

"Beloved, I wish above all things that you will prosper and be in good health, even as your soul prospers." 3 John 1:2 NKJV





Workbook Answer Key



STEP 2 TREAT THE CAUSE

Complications (P. 22)

- 1 heart disease
- 2 65; heart disease; stroke

The Perfect Storm (P. 23)

- 1 c. Circulation
- 2 circulatory; circulatory
- 3 tip; iceberg

Cause Determines Cure (P. 24)

- 1 b. A person who currently meets the diagnostic criteria
- 2 causes
- 3 b. Trace from cause to effect

Exercise and Diabetes/After-Meal Exercise (P. 25)

- 1 b. Glucose
- 2 45
- 3 1:3
- 4 Because after-meal exercise can prevent blood sugar spikes that occur soon after eating.

Seven Warning Signs (P. 26)

Inactivity; 30; 50; Excess weight; 50; 70; Age (45 1 b. False years or older); High blood pressure; twice; 120/80; High cholesterol or triglycerides; Family history; epigenetic; destiny; Ethnicity; other

STEP 3 EAT TO LIVE

Green Light Foods (PP. 30-31)

- 1 Fiber
- 2 f. All of the above
- 3 25; 38; 15
- 4 d. All of the above
- 5 b. False

Yellow Light Foods (P. 33)

- 1 b. False
- 2 a. True
- 3 prostate cancer
- 4 c. Applesauce

Red Light Foods (PP. 34-35)

- 1 75; 90; 95
- 2 inflammation
- 3 d. 30 teaspoons
- 4 480
- 5 fat
- 6 a. True
- 7 48
- 8 a. True

Your Kitchen Makeover (P. 36)

- 2 trash; healthy; cooking

Diabetes Undone WORKBOOK & JOURNAL

STEP 4 TRANSFORM YOUR GENES

Change Your Genes (P. 40)

- **1** b. Factors (besides genes) that influence gene expression
- 2 DNA; expresses
- 3 b. False
- 4 d. All of the above
- 5 free will

Meal Balancing (P. 42)

- 1 index; load
- 2 c. Checking your blood sugars

Eating Healthy in a Hurry (P. 44)

- 1 legumes; non-starchy
- 2 supersize; Share; Avoid; take home container; substitutions; Limit; fat

What About Medication? (PP. 46-48)

- 1 Some people need insulin while others are able to manage or even reverse the condition without it.
- 2 d. All of the above
- 3 twice
- 4 d. All of the above
- 5 d. C-peptide test

Eight Tips for Optimal Digestion (P. 50)

- 1 b. False
- 2 Chew; drown; big; medium; small; snacking; irritating; walk; supplements; grateful

STEP 5 BUILD YOUR TEAM

A Word on Weight (P. 54)

- 1 The body's energy needs are greatest at the beginning of the day. Skipping breakfast lowers your metabolism and sets you up to overeat later in the day.
- 2 b. Body composition
- 3 d. All of the above

What About Beverages? (P. 56)

- 1 diabetes; 22
- 2 Diet (or artificially sweetened)
- 3 b. False
- 4 credit
- 5 b. False

Eight Tips for Quality Sleep (P. 57)

- 1 one
- 2 b. False

Everybody Needs Somebody (P. 58)

people; support system; buddy; up; out

Missing Links in Your Health Plan (PP. 60-61)

- 1 mysterious
- **2** c. 1 in 12
- 3 friendly fire
- 4 a. True
- 5 d. None of the above
- 6 type 2 diabetes
- **7** green light; digestion; toxin; Ventilate

STEP 6 CHOOSE THE BEST

Choosing the Best (P. 64)

- 1 d. 35,000
- 2 create; realities
- 3 c. Impulsivity

Here Comes the Sun (P. 66)

- 1 40
- 2 20,000; >900
- **3** c. 77%

Other Types of Exercise (P. 72)

45; 5

The Rest of the Tests (P. 74)

- 1 comprehensive
- 2 piece; puzzle

STEP 7 DREAM BIG

The Five Stages of High Blood Sugar (P. 79) gradual

Dream and Do-Part 1 (P. 80)

dream; do

Resolve Your Ambivalence (P. 82)

mixed feelings

Your Pancreatic Potential (P. 84)

- 1 insulin
- 2 beta cells
- 3 resistant
- 4 d. All of the above
- 5 type 1 diabetes
- 6 d. All of the above

STEP 8 FEED YOUR SOUL

Be Kind to Your Mind (PP. 88-89)

- 1 mind; body
- 2 d. Be kind to your mind
- 3 journey; doable; think

Forgive to Live (P. 90)

- 1 d. All of the above
- 2 imperfect; release

The Faith Factor (P. 93)

seven





Resources

Diabetes Undone Website

diabetesundone.com

Diabetes Undone isn't just a course. It's a movement! Check out our website to learn more about the group model, individual online course, and more!

Life and Health Network

lifeandhealth.org

Want free, reliable wellness info? Check out this website for dynamic articles, recipes, cooking videos, online courses, and more!

Dr. Youngberg's Online Store

store.dryoungberg.com

Goodbye Diabetes is Dr. Youngberg's comprehensive book on the prevention and reversal of type 2 diabetes. This book can reinforce and expand on the information you've learned in Diabetes Undone. Dr. Youngberg's online store also contains other books, lectures, and resources.

Brenda Davis' Website

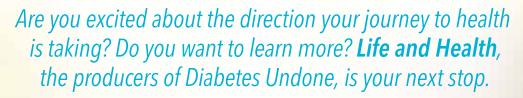
brendadavisrd.com

Brenda Davis, RD, is an award-winning dietitian and bestselling author in the field of plant-based nutrition. Visit her website for delicious recipes, inspiring articles, videos, and more!

Truth Link Website

truthlink.org

Can faith enhance health? We believe so. Whether you're a believer, a seeker, or a skeptic, Truth Link can help you discover a God more beautiful than you've ever imagined.



With more video programs on how to heal and repair your health, fun cooking videos, and articles on the latest health news, Life and Health is all about simplifying what it means to live a healthy, happy life.

What are you waiting for? Don't let your health journey end with this book!

Dive into the world of whole person life and health.

lifeandhealth.org



WHY MANAGE YOUR DIABETES OR PREDIABETES WHEN YOU COULD JUST GET RID OF IT?

Struggling with high blood sugars? You're not alone. Today, more than a third of all Americans suffer from diabetes or prediabetes. **Your story can be different.**

Led by diabetes expert Dr. Wes Youngberg, DrPH, Diabetes Undone will empower you to optimize nutrition, exercise, and other powerful lifestyle strategies to fight type 2 diabetes and reclaim your health. You'll learn how to resolve high blood sugars by addressing their underlying causes. You'll start rewriting your health story by setting specific goals and logging your progress on them.

But the journey isn't just about diabetes. We want you to experience optimal wellness in every area of your life—body, mind, and spirit. So let's get started.

Today is the first day of your new health story.



